



## HAPPY JUNE WELLNESS COALITION MEMBERS! READ BELOW FOR TOBACCO NEWS:



Safe Kids coalition celebrated it's 30th year hosting Kids at the Park, with 45 agencies taking part in this fantastic event. Attendees enjoyed a variety of resources, activities, music, and raffles. Approximately 1,200 people attended the event, and children had fun rescuing sea animals from tobacco waste products in the pool! 🐟🚭

### Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held  
September 2024  
Location TBD

If you are interested in joining our coalition and presenting at our next meeting, please contact Javier Perez at [jperez@sanbenitocountyca.gov](mailto:jperez@sanbenitocountyca.gov)



# ORGANIZATION

## Spotlight



### BREATHE CALIFORNIA

- Breathe California of the Central Coast, is your local clean air and healthy lungs leader fighting lung disease & promoting lung health in all forms. Our wide range of services include health education, asthma remediation, tobacco control, environmental health, senior health, and CPAP services.
- Through our recent collaboration with the SBC Public Health Department, we were able to provide tobacco and vaping education to youths & their guardians throughout the county. We completed a series of community events, six presentations at the high school, and enlisted local students to help spread the word about the dangers of vaping through creative engagement tactics.
- Most of our resources are free or low-cost, and we partner with local and state-level agencies to meet communities where they are. For more info visit [www.lungsrus.org](http://www.lungsrus.org)

# COALITION SURVEY

**Coalition members: Your input is valuable to us! Please spare a moment to complete this survey. Your feedback will not only help us better cater to your needs but also enhance the effectiveness of our future meetings. After completing the survey your name will be entered in a raffle for a chance to win a \$5 gift card to Jamba Juice!! Thank you and good luck!**







# Fuel Your Fun

## Fun This Summer!

Summer is the perfect time to get outdoors! Physical activity can be lots of different things and places in your home and neighborhood.

- At home be active using tools like balls, jump ropes and hula hoops. All get your body moving! Riding bikes, scooters or roller blades are all fun ways to be active on wheels.
- Try getting your hands dirty - plant a garden or get the family involved in cleaning the house. Turn on some music to make it more fun!
- In your neighborhood you can visit the park or playground; they provide a great change of scenery! Try the pool or splash pad to cool off on a hot day.



**Strawberries are in season now, so they'll taste the best and cost the least.**

## Berry Banana Popsicles

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt



Wash strawberries and remove stems before dicing. (Dice means to cut up very small.) Stir all ingredients together in a medium bowl. Pour or spoon mixture into popsicle molds. You could also use paper cups and wooden sticks if you don't have a mold. Freeze for at least 6 hours – keep in freezer until ready to eat. Before eating, run mold or paper cup under hot water to pull popsicle out easily.



Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.





# Alimenta tu diversión



## ¡Diversión este verano!

¡El verano es el momento perfecto para salir al aire libre! La actividad física puede ser muchas cosas y lugares diferentes en su hogar y en su barrio.

- Permanezca activo en casa usando recursos como pelotas, cuerdas de saltar y aros de hula. ¡Todos mueven su cuerpo! Andar en bicicleta, scooters o patines son formas divertidas de estar activo sobre ruedas.
- Trate de ensuciarse las manos: plantar un jardín o hacer que la familia participe en la limpieza de la casa. ¡Encienda algo de música para que sea más divertido!
- En su barrio puede visitar el parque o los juegos para niños: ¡son un gran cambio de escenario! Pruebe la piscina o la almohadilla de salpicaduras para refrescarte en un día caluroso.



**Las fresas están en temporada ahora, por lo que sabrán lo mejor y cuestan menos.**

## Paletas de plátano Berry

- 1 taza de fresas cortadas en cubitos
- 1 plátano mediano cortado en cubitos
- 2 tazas de yogur sin grasa de vainilla



Lave las fresas y quite los tallos antes de cortarlas en cubitos. (Dados significa cortar muy pequeño.) Revuelva todos los ingredientes juntos en un tazón mediano. Vierta la mezcla o la cuchara en los moldes de paletas. También puede usar vasos de papel y palos de madera si no tiene un molde. Congelar durante por lo menos 6 horas. Mantener en el congelador hasta que esté listo para comer. Antes de comer, coloque el molde o la taza de papel bajo el agua caliente, para sacar el helado fácilmente.



Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.

HAVE FUN AND LEARN!

LEAD



ENGAGE



GROW



TRANSFORM



# YOUTH IMPACT CENTER

DON'T MISS OUT!

GET IN TOUCH

831-673-9961

riana@youthall.org

youthall.org

@youth4alliance

310 Fourth Street Ste 101  
Hollister, CA

# Summer



PROGRAM FEATURES:

SUMMER COOKING TUESDAYS  
JUNE 18- JULY 9  
2-3PM



YIC DROP IN JUNE 18-JULY 11  
TUESDAYS, WEDNESDAYS &  
THURSDAYS 12-3PM



XINACHTLI GIRLS GROUP  
FRIDAYS 12-2PM  
JUNE 21-JULY 26  
REGISTRATION REQUIRED



YOUTH POWER HOUR TUESDAYS  
& THURSDAYS 10- 11AM  
JUNE 18-JULY 11TH



WELLNESS WEDNESDAY  
WEDNESDAYS JUNE 26-JULY 10  
2-3PM



CALLING ALL YOUTH AGED 12-18!

- ✓ READY TO LEVEL UP YOUR LIFE SKILLS IN A SUPPORTIVE AND SAFE SPACE? JOIN US AT THE YOUTH IMPACT CENTER!
- ✓ DISCOVER THE POWER OF COMMUNICATION, LEADERSHIP, AND DECISION-MAKING.
- ✓ CONNECT WITH PEERS AND MENTORS WHO UNDERSTAND AND SUPPORT YOU.
- ✓ EXPLORE YOUR PASSIONS AND UNLOCK YOUR POTENTIAL FOR SUCCESS.

SCAN QR CODE  
TO SIGN UP!



# YOUTH IMPACT CENTER





# JOIN US IN MAY AND JUNE ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

## ENGLISH CLASSES

### Effective Communication Strategies

Thursday, May 2, 10-11 a.m. | [Register](#)

### 10 Warning Signs of Alzheimer's

Thursday, May 9, 10-11 a.m. | [Register](#)

### Dementia Conversations

Tuesday, May 21, 2-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

Tuesday, June 4, 2-3 p.m. | [Register](#)

### Understanding Alzheimer's and Dementia

Thursday, June 13, 10-11 a.m. | [Register](#)

### Understanding and Responding to Dementia-Related Behavior

Tuesday, June 25, 10-11 a.m. | [Register](#)

### Introduction to Alzheimer's + Driver Safety for the Aging Driver

Wednesday, June 26, 10-11 a.m. | [Register](#)

[Register](#)



## SPANISH CLASSES

### 10 Warning Signs of Alzheimer's

Thursday, May 16, 6:30-7:30 p.m. | [Register](#)

### Understanding Alzheimer's and Dementia

Thursday, June 20, 6:30-7:30 p.m. | [Register](#)

## CHINESE CLASSES

### 10 Warning Signs of Alzheimer's (Mandarin)

Thursday, May 9, 2-3 p.m. | [Register](#)

### Dementia Conversations (Mandarin)

Friday, May 24, 2-3 p.m. | [Register](#)

### Effective Communication Strategies (Mandarin)

Tuesday, May 28, 2-3 p.m. | [Register](#)

### Understanding and Responding to Dementia-Related Behavior (Mandarin)

Wednesday, June 5, 2-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body (Mandarin)

Thursday, June 13, 2-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body (Cantonese)

Friday, June 14, 10-11 a.m. | [Register](#)

### 10 Warning Signs of Alzheimer's (Cantonese)

Thursday, June 20, 2-3 p.m. | [Register](#)

*For on-demand recorded classes, please*

*visit [alz.org/education](http://alz.org/education)*

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

ALZHEIMER'S  ASSOCIATION®

Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.



# JOIN US IN MAY AND JUNE

## PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

### INTRODUCTION TO ALZHEIMER'S

Join us for a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

### UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

### 10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

### DEMENTIA CONVERSATIONS

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

### EFFECTIVE COMMUNICATION STRATEGIES

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

### LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S (3-PART WORKSHOP)

For individuals living with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

### LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - EARLY STAGE (3-PART WORKSHOP)

In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

### LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - MIDDLE STAGE (3-PART WORKSHOP)

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, caregivers will learn helpful strategies to enhance safety and communication, manage challenging behaviors, provide personal care, and prepare for emergencies.

### LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - LATE-STAGE (2-PART WORKSHOP)

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, caregivers learn about resources, monitoring care, and ways to engage in meaningful connections.

### MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

TO REGISTER OR LEARN MORE,  
PLEASE CALL 800.272.3900 OR ONLINE  
AT [ALZ.ORG/CRF](https://www.alz.org/crf)

Visit [alz.org/crf](https://www.alz.org/crf) to explore additional education programs in your area.





# ALZHEIMER'S ASSOCIATION®

## OUR PROGRAMS AND SERVICES

### JOIN US IN-PERSON, ONLINE OR BY PHONE

We provide care and information the way you want to receive support

**BY PHONE: 800.272.3900 | ONLINE: ALZ.ORG/NORCAL**

#### 24/7 HELPLINE

No one should face Alzheimer's or dementia alone. Our 24/7 Helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public, including care specialists for assessment and planning.

#### EDUCATION

Available online, via phone or in-person, our education programs feature information on topics including the signs of Alzheimer's disease, diagnoses, communication, living with Alzheimer's and caregiving techniques. Programs are available in English, Chinese and Spanish.

#### EARLY-STAGE PROGRAMS

Early-stage social engagement and support group programs offer a comfortable way to get out, get active and get connected to others who are living in the beginning stage of Alzheimer's or other dementia



#### ONLINE TOOLS

Surround yourself with online support. The Alzheimer's Association has several free, online tools to help.

- > ALZConnected®
- > Alzheimer's Navigator®
- > Alzheimer's Association TrialMatch®
- > Community Resource Finder
- > Live Well Online Resources
- > Virtual Library



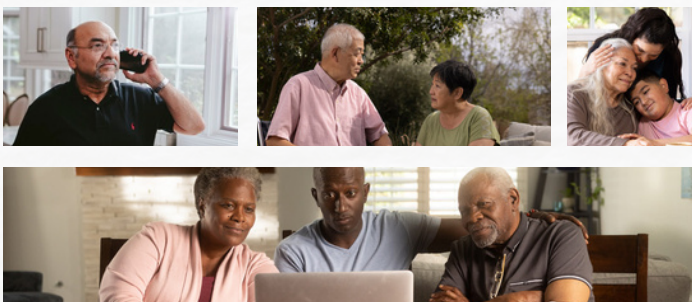
#### SAFETY

In the early stage of the disease, you can still lead an independent life. However, there are some preparations you should make to help you remain independent as long as possible and ensure your safety as the disease progresses. There are many potential safety issues to consider, such as driving, making your home safe, taking medications safely and wandering. A safety measure you can take is enrolling in a wandering response service.



#### SUPPORT GROUPS

We offer peer-or professionally led groups for caregivers, individuals living with dementia and others dealing with the disease. All support groups are facilitated by trained individuals and are offered in English, Chinese and Spanish. Specialized groups are available to meet the unique needs of our constituents.



Visit [alz.org/CRF](http://alz.org/CRF) to explore education programs and services in your area.

San Benito Youth Association

# SAN BENITO YOUTH ASSOCIATION



Tobacco Education Program

## COME JOIN THE YOUTH-BASED COALITION

BI-MONTHLY MEETINGS THAT ARE LIVELY, ENJOYABLE, AND INVOLVE DELICIOUS FOOD WHILE WORKING.

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO WANT TO PROMOTE A TOBACCO-FREE COMMUNITY AND DRIVE CHANGE.



LOOKING TO RACK UP THOSE COMMUNITY SERVICE HOURS?



DREAMING OF A CHANCE TO EXPLORE NEW HORIZONS WHILE MAKING A DIFFERENCE IN THE WORLD?



WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH COLLEGE RECOMMENDATION LETTERS?



### INTRESTED IN JOINING?

CONTACT JAVIER PEREZ  
JPerez@SANBENITOCOUNTYCA.GOV  
(831) 902-9892





Would like to share an announcement? Email our Coalition & Community Engagement Coordinator at [jperez@sanbenitocountyca.gov](mailto:jperez@sanbenitocountyca.gov)

## Cessation Resources



### Ready to Quit?

Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies. Take the first step toward quitting.

### For more information:

San Benito County Tobacco Education Program 351 Tres Pinos Rd,  
Suite A-202 Hollister, CA 95023 Tel: (831) 637-5367 Monday-Friday:  
8:00am to 5:00pm

[San Benito County Tobacco Education Program Coalitions](#)

